RESEARCH ARTICLE: PROFESSIONAL PREPARATION IN UDONTHANI CENTRAL PRISON WOMEN PRISONERS BY EDUCATION OF WAD KHAMPAMONG

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Abstract— The objective of the research was to prepare the female prisoners back into society in terms of occupation and the psychological stability. This research was the qualitative research which consists of contemplation of occupation after punishment. After educating, female prisoners and their relatives about the occupation that corresponds to the needs of ex-prisoners. Forty ex-prisoners who will free in next 6 months to 1 year volunteered to participate. Results showed that five of them interested in cooking, 2 participators interested in teaching yoga. However, there were concerned about their past, want the right livelihood. Moreover, they also interested in grow herbs and agriculture by acquired farm, 1-5 Rai. Eighty prisoners and relatives learned about herbs. This activity can create a good spirit, hope, and relationship between female prisoners and their husbands/ relatives. Therefore, female prisoners felt valuable life, find the opportunity to get right livelihood, and plan to prepare fame before leave the prison. After educating, female prisoners were excited with the enthusiastic questions to instructor, and identify the need to know more on growing herbs, process of distil for Thai traditional medical institution. Researchers and Director of Thai traditional medical institution tough herb management for selling herbs to the institution and give the scholarship to study in Thai traditional medical institution. After the examination, 7 female prisoners answered all questions correctly, and the rest, 33 persons, answered correctly higher than 50 percent.

Index Terms— Contemplation, Occupation preparation, Female prisoners, Herbs.

I. INTRODUCTION

One of the major problems in Thai society is many people cannot get the job after been jailed. No one give them a chance to work. Finally, these ex-prisoners had made violation again, because of no chance, no job, and no one give the opportunities.

Department of Corrections has coordinated with the Department of Employment, Ministry of Labor, to exchange the information about current labor demand, then, these information can modify Department of Corrections Plan in term of vocational training course for prisoner. (http://br.correct.go.th/spn/index.php/2011-11-26-15-45-57/56-2012-03-15-04-16-58)

Department of Corrections is responsible for managing the career opportunities for prisoner throughout the country. When people have been jailed, they will receive orientation about life behind bars. After they have been sentences, they were led to the classification of prisoner. The Commission characterized the inmates would classify each inmate that deserved to be resolved by any means of livelihood habits. The circumstances of the prisoner's background, social aptitude, and talent or characteristic were reviewed to ensure the appropriate courses for individual such as provide the general education for studying age and vocational training for work-force age which benefit them after punishment.

Her Royal Highness Princess Bajrakitiyabha, launched the project kamlangjai to help female prisoners who need the opportunity from the society. Target groups include female prisoners, juvenile offenders and others disadvantaged groups. She propose the projects to improve the quality of female prisoner's life, ELFI (Enhancing Lives of Female Inmates), and United Nations rules for the treatment of women prisoners and non-custodial measures for women offenders: THE BANGKOK RULES, to reflect on the role of the Thai in driving international norms in the treatment of female prisoners in various fields such as hygiene, the vulnerability of female prisoners, and childcare in prison. (http://www.kamlangjai.or.th/ewt_news.php?nid=122&filename=index)

Her HRH Princess Bajrakitiyabha who concerned with life quality of female prisoners has initiated the Encouragement Project for the prisoners to have the opportunity to return to society. The target groups are female, child and adolescent prisoners and disadvantaged group from justice process. Her HRH Princess proposed the Project ELFI: Enhancing Lives of Female Inmates with reference from the United Nations rules for the treatment of women prisoners and non-custodial measures for women offenders or the Bangkok Rules to reflect international standard of practice for female inmates in health care, female vulnerability and children in prisons. [3] (Udonthani Central Prison is one of the pioneers of the project. PhraPaponpat, the Abbot of WatKampramong, who created Arokayasal Practice, WatKampramong, recognized the importance of life quality enhancement of female prisoners in UdonthaniCental Prison. He brought care plan for cancer patients from ArokayasalPractice to the prison. ArokayasalWatKampramong Practice serves as a hostel for terminal cancer patients. In 1996 the Abbot had nasopharyngeal cancer and was treated by chemotherapy with no response. He decided to try meditation and herbs from Thai traditional formula.

Finally his pain subsided and the cancer was cured. After that people who had cancers came to the Abbot for treatment with no expense. He treated cancer with Buddhism practice by praying, meditation, and herbal medicines to treat cancer along with music therapy, recreation to reduce stress and good relationship. Arokayasal Practice, WatKampramong became the hope for terminal cancer patients. From 2006 to 2015, there were more than 1,700 cancer patients, Thais and foreigners, came to have treatment from the Abbot. The Abbot and volunteer team have decided to initiate project: Life Quality Enhancement Model of Female Prisoners in Udonthani Central Prison by ArokayasalWatKampramongGuideline in order to holistically enhance life quality of female prisoners, especially health dimension that emphasizes comprehensive care. They provide the prisoners opportunity to link to family and community, prepare to return to society, occupation, mental stability, moral development to have immunity after release from prison and encouragement to start new lives in society. This model can be guideline for other prisons to develop life quality enhancement of female prisoners project and for prisoners to develop volunteer project for female prisoners.

UdonThani Central Prison is one of the prison to improve the lives of female prisoner, according to THE BANGKOK RULES, in cooperative with ArokhayasalaKhampramong Temple Foundation, SakolNakhon Province, to execute the Research project in "The use of Contemplative to Improve the quality of life of Female prisoners by the ArokhayasalaKhampramong Temple Foundation" way. The project aim was to improve the quality of life of female prisoners holistically especially in health care, focusing on integration, to have links with the community. Readiness to coexist with society in terms of occupation and the psychological stability. Moral development will be immune to better the lives after penalty. The female prisoners will get the opportunity and assistance in various fields which help them to start a new life in society.

Contemplation uses in fine mental state of women before beginning activities which affect the participants have the mental situation still and stop the distraction of thoughts for getting something new. Before the planning process for the future, researchers invited the husband or son or father or mother or closer to the women participating in the event for choosing a profession of faith upon release.

ArokayasalaKhampamong temple foundation, SakolNakhon province (http://khampramong.org/) recognizes the complex problems of society such as economics, education environment, and cultural erosion which known as the external factors influencing the spirit. These factors assume that people are concerned with the excessive emphasis on life goals, spending more time in a way that does not benefit the body and mind, leaving very little time to do good thing. This is not the aim of all religions. However, the kindness of people in Thailand had never end. Thai people were also able to do things not less than foreigners. The resources in the country, it has many advantages over the other like a king, the leader of the greatest volunteers. The resources in the country, it has many advantages over the other like a king, the leader of the greatest volunteers. Many leaders volunteer themselves for public interests. Much more taxes have been collected but do not well allocate to all area. Most people want to do good thing but it quite tough for only one person. If there are difficult to do good things, people may easily discourage. Moreover, the good thing is the own experience. Therefore, if there is an open platform to do good thing and a simple continuation of the good deeds of many people to mingle together. It is the flow of the greater good. It will attract people to come together to do more on good thing.

The purposes of ArokayasalaKhampamong temple foundation.

1. To provide an open forum for people to volunteer. Do good to others is not complicated.
2. To improve society is to I have sympathy for each other as well as reduce heartburn.
3. To uplifting of society to rise by serving others without reward.
4. To using the principles of interpretation.

II. OBJECTIVES

To prepare the female prisoners back into society in terms of occupation and the psychological stability.

III. METHODOLOGY

The professional preparation of the female prisoners in UdonThani Central Prison was the qualitative research which consists of 40 female prisoners who will free in next 6 months to 1 year volunteered to participate to think through contemplative on occupation after punishment. With regard to the integrity of life, after educating female prisoners and their relatives about the occupation that corresponds to the needs of female prisoners after sentence.

1. Educating career growing and processing medicinal herbs. There are those who want to do 40 female prisoners by relatives invited each one to attend to listen and plan to grow herbs professional support upon release.
2. Contemplation: The needs of occupation after punishment with regard to the merits of the two-day event in the lives of female prisoners who voluntarily participated in 40 activities ponders. Listening deeply Support, encouragement and mutual understanding. Ensuring access to social and occupational morality. Issues to Think Listen deeply
   2.1 The moral of my life when thousands penalty.

2.2 Preferred career after sentence.

A. Samples

40 female prisoners who will free in next 6 months to 1 year volunteered to participate and 40 relatives.Instrument: interview questions about occupation and the interesting of the female prisoners upon release. Data from the participants of the event contemplating careers in the life and virtues upon release.

B. Analysis

Data were analyzed by using content analysis and classified as a separate category (Typology).

IV. RESULTS

Population were 210 female prisoners who will be released in next 6 months to 1 year. 40 of them interested in growing herbs, 5 people are interested in cooking. 2 people interested in Yoga, but there are concerns about their past, want the right livelihood, want to earn money for the family, or do not have to face that problem. Attention to learn and to grow herbs and family based agriculture. The area used to grow around 1-5 Rais with the option of interest. 40 female prisoners invited their relatives (1: 1) to attend the activity continued for another 40 people, a total of 80 people spent three hours / times / week. Awareness of events that activity can encourage spirit, hope, and the relationship between female prisoners and their husband / family a lot. Making female prisoners feel valued in life, find the opportunity to get right livelihood, and plan to prepare fame before leave the prison. After educating, female prisoners were excited with the enthusiastic questions to instructor, and identify the need to know more on growing herbs, process of distil for Thai traditional medical institution. Researchers and Director of Thai traditional medical institution tough herb management for selling herbs to the institution and give the scholarship to study in Thai traditional medical institution. After the examination, 7 female prisoners answered all questions correctly, and the rest, 33 persons, answered correctly higher than 50 percent.

After deliberating with the contemplative found that female prisoners attend one session per month for a period of 2-3 hours. Staff mentioned that female prisoners are volunteering to pray, meditate on the teachings of the Holy Temple. Alternatively, the circular bring prayer and meditation a day for 30-60 minutes in the morning every day. There are more than 80 percent of daily meditations. The officer noticed that female prisoners went off during the night. Correctional nurses provide information on how to use the drug to relieve pain gradually reduced.

CONCLUSIONS AND DISCUSSION

Before attending the event female prisoners were deliberating with the contemplative process. Professor PrawetWasi (PrawetWasi: Contemplative: online available https://th.wikipedia.org/wiki/) mentioned that contemplative education is an education in itself gives insight to know the truth. Thus, changing views about the world and other people. People feel independent, intellectual, happiness, and love for fellow human beings and the vast creation. In other words, he is a perfect man by focusing on the study of the practice of yoga, the art community. Female prisoners were held, prayers and sermons at 1-2. per hour. The effect that they chant itself In addition to the daily activities the morning after meals. Statistics from the illness in the first-aid service for prisoners such as headaches, fatigue, pain medication utilization. The officers reported that they can sleep better, refreshing body, earlier wake up, and peaceful. 210 female prisoners interested in growing herbs 40 people. The decision to choose any career depends on many factors (cited in Office of the Basic Education online available: http://guidance.obec.go.th/?p=1033) such as personality, preferences, interests, aptitude, intelligence and ability, life goals, and economic conditions, values, shape and appearance of the body, job, career advancement opportunities and so on. Female prisoners who are interested to participate in a similar manner is domiciled in the country. The area of agriculture with a career in entrepreneurship. Based on the growing family of John L. Holland (John L. Holland) psychologists from the United States (cited in true plookpanya online available: http://www.trueplookpanya.com/true/quiz_holland_orientation.php 30/05/2559) addressed that personality comes from the character or responsibility, aptitude, or ability, or talent of the man. This is also the steadfastness of judgment or self-confidence. Then select the desired career. Decisions on education, activities affecting the concept of career planning.

Life quality enhancement model of female prisoners in Udonthani Central Prison by ArokayasalWatKampramong Guideline, was the holistic model to enhance life quality in physical, psychological and social aspects. The Abbot was the center of faith and the volunteer team cooperate to achieve common goal. This was in compliance with the evaluation of happiness of volunteers and patients. [4] and KantichaPuekjaroen [5] who studied work process and roles of volunteers and found that ArokayasalWatKampramong Practice was driven by volunteer force with full potential to meet the patient-centered needs.

Physical enhancement of female prisoners consisted of health promotion by monthly Qigong exercise adapted for Thais, health examination and treatment by physician and Thai traditional medicine. The cancer patients were treated by herbs from ArokayasalWatKampramong Practice. The ill prisoners, such as myalgia, were treated by acupuncture. The mothers who raised their children in prison were educated for child development stimulation, breast feeding and assessment of child

development. Psychological enhancement was conducted from Buddhism principles for peacefulness of the prisoners. Social enhancement included sharing activities among female prisoners.

The results were in compliance with JaratsangPiew-orn [6] who studied the management of terminal cancer patients with holistic approach: case study at WatKampramong, Sakolnakorn Province and found that the patients had better perception in physical illness, more appetite, looked happy, refreshing bodies, the tumor mass softened, less suffering and let it go thinking. They were ready to face the disease and prepared for the consequence to pass away peacefully.

Medicinal plants are valuable to the health and well being can be a career. The research activities related to knowledge about medicinal plants and processing of medicinal plants must concern on the market. The production will be based on market demand. If there is sufficient market production would resume production. On the other hand, if the market does not produce sales, there will be no benefit. Therefore, manufacturers should have knowledge of the marketing. This is also important to female prisoners' distribution channels. Researchers suggested that channels can now give more attention to all prisoners.

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